

Toga! Toga! Toga! More than 300 people

SPOKE attended this year's Toga Party and most of them dressed the part.

News 10, 11

A learning newsroom for journalism students

Fire safety

Waterloo fire department stresses the importance of fire drills.

Turning a life around

Local man tells the story of his fight to get off the street.

Monday, October 2, 2006

Conestoga College, Kitchener, Ont.

www.conestogac.on.ca/spoke

38th Year - No. 16



(Photo by Meghan Kreller)

Teamwork

First-year firefighting students Jeremiah Passmore, left, and Doug Legg work together in a training exercise on Sept. 22. The class used the ramp between the E-wing and the rec centre, hauling up objects such as a ladder. The activity allowed the students to work together on practical skills they will face in the field. For more photos see Page 15.

Student injured in woodworking accident

By JENNIFER CURTIS

A first-year woodworking student was injured while operating a saw on Sept. 14.

Kenton Bell was in his machining shop class when a piece of scrap wood, about the width of your pinky, got caught, thrown back and embedded two inches into his arm.

"In such an environment there are potential dangers." Mark Bramer,

woodworking faculty

Mark Bramer, the faculty member in the room at the time, called the school nurse, then security,

health and safety and finally 911. Police, ambulance and fire crews responded. Bell was taken to the hospital, where medical staff removed the wood and bandaged

Bell took one day off school to

recover and was back in classes on Monday.

Bramer said the injury was not severe, but it was bad enough.

"It will be a while before he fully recovers," he said.

Bramer said Bell followed all safety procedures, and the accident only happened because he was working with a scrap piece of

He said there is usually an accident in the woodworking centre about once a year, but nothing

"People are aware that in such an environment there are potential dangers," he said.

Faculty prevent accidents in three ways. He said they do so by educating everyone who is operating the machines and making sure they know exactly how the machine works, by maintaining the machines and making sure everything is in good working conditions, and by awareness and making sure everyone who enters that environment is aware of the potential dangers.

Students tricked into credit card debt?

Free gifts may have led unsuspecting students to sign up for credit cards

By BRANDON WALKER

Students who signed up for an Air Miles Mosaik card at booths on campus during the week of Sept. 18 might be surprised when they receive a MasterCard in the mail.

The two representatives were offering free gifts to anyone who would sign up for a card, and stuts were giving personal inforation without realizing it was for a credit card.

The representatives would ask students passing by if they wanted a free calculator or pen. If the student said yes, the representative would ask for his or her personal information. The representative would use that info to fill out a MasterCard application form that includes an 18.5 per cent interest rate, without telling the student what the form was. Then, the representative would get the student to sign the bottom of the form.

If, by the end of the application,

the student was smart enough to ask what the information was being used for, the representative would tell him or her it was an Air Miles Mosaic card.

"If we tell people it's a credit card they don't want it," said Leah Verouden, one of the representatives.

The representatives also told any student who asked questions, that the card doesn't come activated and if they don't want it they can just cut it up. They were also telling individuals they could get more free stuff if they brought their friends to sign up.

Marvin Keronga didn't know he'd signed up for a credit card. "I thought maybe it was a survey. The salesperson was talking really fast, like he was in a rush. It seemed like he was trying to hide most of the information. It was only after I'd signed that I realized what it was for. My friend asked him what it was and he said it was a credit card with an 18 per cent interest rate."



(Photo by Brandon Walker) Leah Verouden, left, represented MasterCard at Conestoga's Doon campus, where she handed out free gifts to those

Keronga, a first-year business administration student who moved from Uganda to Canada about a month ago, said he doesn't really want the card. "Right now I don't need it, but maybe one day," he said.

wno signed up for a card.

MasterCard has permission from Conestoga Students Inc. (CSI) to be on campus.

"I wouldn't call it fraud," said Roxy Stanciu, vice-president of CSI. "I think it's a marketing tactic,

but I don't see it as ethical. I think MasterCard needs to address it so they aren't taking advantage of the situation."

Stanciu said students who signed up for the credit card and weren't aware should cut it up and call MasterCard to make sure it isn't

A representative from MasterCard said the Bank of Montreal (BMO) is responsible for issuing the cards. Michael Edmonds, a spokesperson for BMO, said the bank will investigate the incident. "We go through a third-party provider who does the

Edmonds also said the sales reps are supposed to go through the terms and conditions of signing up for a credit card, while explaining the features and benefits of having one. If the student is interested, the rep will fill in the information and hand it back for the person to sign. "The information is clearly stated on the application."

He said the reps are also trained

to give out two brochures. One has information about the card itself and the other has info about how to use credit wisely. "They both make it clear it is a credit card.'

Edmonds also said he hopes the sales representatives are providing full disclosure. "It's very important that there is a two-way discussion. That said, if students don't want the card, they should call and cancel it using the number on the back."

Stanciu said CSI might have to make some changes to protect students. "MasterCard is one of the organizations we deal with to help the students and it has never been an issue, but if we do feel they are manipulating the situation we'd go back to our policies to see how we can prevent it. We might have to change future decisions about bringing people in," said Stanciu.

Students need to be careful when giving out personal information, she said. "I think the best advice to students is to always be cautious about giving out information and always ask questions to ensure their safety."

Now deep thoughts ...with Conestoga College

Random questions answered by random students

If you could go anywhere in the world, where would you go and why?



"I would go to Ibiza, Spain. It looks like a fun place to be."

Raymond Duhaime, first-year electrical engineering

"Ireland, because I'd love to be able to go there and discover my family's heritage."

> Amber VanWyck, first-year general arts and science





"Laos, I'd go party and live there."

Ryan Rasphakdy, second-year police foundations

"Galapagos Islands, near Ecuador. The nature and environment look beautiful."

> Eric Carpenter, second-year management studies





"Cuba, because I have family and friends

Tonya Schmidt, second-year biology

"Venice, Italy. It looks so beautiful - the landscape, the canals and the language."

> Christine Threndyle, first-year financial planning



Conestoga reflects on Dawson College tragedy

By ERIC MURPHY

The president of Conestoga College believes Montreal police and students and faculty of Dawson handled themselves admirably in the tragic shooting that took place a few weeks ago.

"It's a terrible and tragic loss for the friends and family of Anastasia DeSousa and of those injured in the shooting," said Dr. John Tibbits.

When someone enters a public place armed with a variety of weapons with the intent to kill and harm, the thought of what could have happened is something no one wants to think about said Tibbits.

"It's amazing more people weren't harmed given the circumstances," he said. "But staff and students did what they were supposed to do by barricading themselves in their classrooms and the police responded immediately preventing further tragedy."

On Sept. 13, Kimveer Gill went on a shooting rampage at Dawson College killing 18-year-old Desousa and seriously injuring 20 others. As staff and students barricaded themselves in their classrooms, Montreal police showed little hesitation and stormed the college immediately after learning of

Gill took his own life after being injured by police, however, the terrible incident is still under investigation in the hopes of learning the motive behind the shooter's actions.

Tibbits, who worked at Dawson College for 10 years prior to Conestoga, believes the shooting was an isolated incident.

"I think people feel relatively safe in Canada but there's always an element of risk in day-to-day activities like driving to work," he said. "I don't think we need to be looking over our shoulder all the time but to be aware, alert and sensible.

Tibbits hopes such a tragedy

never happens again.
"I don't think any institution can guarantee safety," he said. after the shooting, policies and procedures were reviewed and I believe staff and students will also handle themselves appropriately in the case of such an incident.'

John Tribe, interim supervisor of

safety and security services at Conestoga, is confident in college security but said that unless the signs are there, such tragedies are difficult to prevent.

When plans of such violence originate outside of the college, the telltale signs aren't there," Tribe

However, Tribe said emergency plans have been updated with local emergency services as recently as

"Of course, along with the emergency plans, we have 96 security cameras that cover college entrances, exits, corridors as well as the parking lots, four college security positions and 18 contract-ed guards," he said. "But all faculty provide the eyes and ears of the college and are keys to safety and

Faculty is proactive in the safety and security of the college. New faculty attend classroom management sessions that address violence and signs of violent behaviour on campus said Tribe.

"I don't think any institution can guarantee safety."

John Tibbits, president of Conestoga College

"Staff are made aware of the signs of violence, how to deal with the situation and when or how to intervene whether it's through counselling, assistance or other means," he said. "Great awareness is a realistic initiative to safety.'

Walter Boettger, president of Local 237 of the Ontario Public Service Employees Union, believes the college's safety and security policies are good but need reaffirming on an annual basis.

"I don't have a problem with the policies, they're good," said Boettger. "Unfortunately, these tragic situations will not go away. they're a part of life and we have to do everything to be prepared to deal with such unpredictable and unknown situations.'

Boettger, guardian of the collective agreement, deals with college issues on a daily basis and believes that all staff have to be included in the review of the policies, not just new staff.

"Every time a tragedy like this occurs we have to go, rethink and in many cases have policies and procedures tightened up," Boettger said. "We need to be committed to reviewing them with all staff and committed to a specific venue for such reviews.

Students also need to take some responsibility for their own safety and understand student procedures and conduct issues he said.

"I bet I could pick a random student from the hall and they wouldn't be able to tell me the extension for security or what to do once they pressed the button on one of the emergency response boxes," he said. "The college is a relatively safe environment and we don't have to deal with many issues but students also have to be aware of procedures to protect themselves.'

Boettger said all the policies and procedures are found in the student handbook but the likelihood of students taking the time to read them on their own is very slim.

"Most students don't read them unless something occurs and they need to know what to do but they need to know before anything happens," he said. "We can't leave it in the hands of the students, we have to take the initiative, provide the venue specifically to go over the policies and procedures and hope we never have to deal with such a tragedy.'

Matt Jackson, president of Conestoga Students Inc., said it's unfortunate that such a despicable act has taken place at a Canadian college.

"It hits home hard with Ontario students as we realize this type of threat is real and can happen here as well," he said. "Our thoughts and prayers are with our fellow students and families of Dawson College during this time of mourning.

Jackson said that CSI really encourages students to try their best to make all students feel at home and not alienated in the col-

"It's every student's responsibility to make all students feel welcome. he said. "A little bit of this effort can go a long way in helping to prevent such a tragic event from taking place

Night shifts may speed up road construction near college

By AARON SCHWAB

Concstoga College's physical resources department has been in contact with the contractor in charge of the extensive roadwork at Homer Watson and Conestoga College boulevards in an effort to ease traffic problems.

Henderson Paddon and Associates Ltd. is working with the Region of Waterloo to arrange for changes to the timing of the traffic lights to help improve traffic flow.

They are also working with

Dufferin Construction, the chief on-site contractor, to establish a night work schedule to complete major construction between the Homer Watson-Conestoga College Boulevard intersection and the 401 interchange.

The idea is to add night work so that certain things can be done at lower traffic times, certain things can be finished sooner," said John Sawicki, manager of public affairs at Conestoga College.

Road construction projects are always given to us as a minimum two-year project, Sawicki said.

"We've always known it was going to involve at least two construction seasons, which means from the beginning or middle of May to the beginning of November," he said.

Sawicki said the construction project didn't start the first year it was intended to because final approval hadn't been received from the Ontario government, so they started it the second year.

We will be facing (the roadwork) this year up until the beginning of November, and then again in May."

Smile Conestoga, you could be our next respondent!

Fire captain warns not to ignore alarms

By LEANNE MOUNTFORD

When you hear the fire alarm going off in the hallways, do you know where to go?

Conestoga College's security services works with the local fire stations to make sure the answer is always yes.

John Tribe, interim supervisor of safety and security services at the college, said during the Sept. 19 fire drill, the Doon campus was evacuated in an estimated nine minutes.

Capt. Rick Steinman of the Waterloo fire department, station 1, said that is a pretty good time to evacuate the building considering its size and the number of students.

The alarms are tested every month but there are only drills that involve the student body twice a year, said Tribe.

In a public school system, there are at least three drills, one in the fall, winter and spring, said Steinman, who has been working for the Waterloo fire department for 18 years.

There is usually a drill held during fire prevention week which is in October of each year, he said.

Most schools aim to evacuate in about a minute, said the soon-tobe district chief of the Wellesley volunteer fire department.

It takes about 20 to 25 minutes to empty a building like the Sun Life insurance company in Waterloo which is about a 19-storey building with about 1,500 employees, he said.

"We like to see a fairly quick

For a drill to be set up, fire prevention will ask a fire station to help at a certain location. It's up to the owner of the building to call the alarm company and notify them of the drill, so it doesn't go to dispatch, said Steinman.

Firefighters go to the location and help with fire prevention, they monitor that everyone is getting out OK and advise people to move if they are congregating too close to the building, he said.

In case of a fire, security is supposed to check the location and check if there is a problem. They will direct firefighters where to go, he added.

"We rely on them to get us where we're supposed to go and give us some heads-up information."

Due to these drills, if there is a fire, for the most part people do get out of the buildings. They know where to go and they know where their exits are, said Steinman.

But, people do get complacent with alarms, since people pull them all the time for no reason, he said.

"We've seen that it's not always a drill."

There was a fire in a highrise apartment building in North York and a lot of people didn't pay attention to the alarm which resulted in four people dying, he said.

When a fire alarm goes off there is a reason it went off. Check it out, it's either faulty equipment, someone has pulled the pull station or it's a legitimate fire, said Steinman.

'Don't ignore it, check it out."

New campus brings new programs

and more opportunities



(Photo by Adam Hannon)

Capt. Rick Steinman said when a fire alarm goes off there is always a reason. "Don't ignore it, check it out."

Annual college fair preparing to welcome visitors

By TIFFANY MCCORMICK

Obtaining information about colleges and universities is a crucial factor when one is deciding where to attend post-secondary school. For high school students in the western section of Ontario, Conestoga will help out by inviting everyone here Nov. 1.

The 17th annual College Fair, formerly called and provincially known as VIP/CIP day, features community colleges from across Ontario.

Among the colleges expected are Cambrian, Seneca, Loyalist, Algonquin, Mohawk, Fanshawe and Lambton.

The fair will be set up in a tradeshow-like fashion in the rec centre. The schools will each have an information-type booth or display set up to attract Grade 11 and 12 students.

The fair is divided into two sections. The morning, from 8:30 a.m. to 12 p.m. is for high school students, while the evening, 6 to 7:30 p.m., is for any member of the public.

During both sessions there will be a display of all programs Conestoga offers throughout the main building which will give possible applicants an in-depth look at what Conestoga has to offer.

Even though the morning session is usually busier, as busloads of high school students attend, the evening is also a popular attraction.

Some students, along with their parents, return for a second look at the schools, as well as those inter-

ested in night courses and continuing education which is a busy

Jan Stroh, a student recruiter, said the fair is a real community event.

"It's amazing to me the number of people interested in coming to college right out of high school," she said.

Stroh, who has organized the fair for six years, said it's important for colleges to have these fairs because it gives students a chance to get information they may not receive.

"We don't offer every program under the sun. This is an organized avenue to open up our doors."

Jan Stroh, fair organizer

"We don't offer every program under the sun," Stroh said of Conestoga. "This is an organized avenue to open up our doors."

Stroh said she feels the fair is a great way for students to learn about post-secondary institutions because it makes the experience more personable.

"It's valuable to have that face-to-face contact," she said.

Even though students visit many of the booths, Conestoga's is usually the busiest.

"Possible applicants love the opportunity to come on campus

and check Conestoga out," Stroh said.

Of past fairs, Stroh said the students who have helped have been great ambassadors and staff members have been fantastic.

"We know why we're here," Stroh said. "Our No. 1 reason for being here is the students."

Alongside the program displays, services such as CSI, disability services, Student Services and the financial aid office make an appearance to offer additional information to possible applicants.

Judy Bates, co-ordinator for disability services, said their service provides two information sessions, one in the morning and one in the evening.

During their sessions they answer questions about what services they offer, how they benefit students, any similarities between high school services and Conestoga's as well as answering questions about transitioning from high school to college.

Bates said it is very important for disability services to be represented at the college fair as it can help students decide whether or not they want to attend Conestoga.

"Our service may be a reason that they choose this college," she

Volunteers are still needed for the fair, in the areas of event setup and preparation and staffing the event.

Anyone interested in helping is asked to e-mail Jan Stroh at jstroh@conestogac.on.ca.

By JESSICA BLUMENTHAL

Bigger is better when it comes to Conestoga College's new Waterloo

Located at 180 University Ave. E., in Waterloo, in the former University Heights school, the campus has room for more programs and improvements to existing programs, said Mary Andraza, manager of retail operations and Waterloo campus services.

The new campus has an expanded walk-in bookstore, a bigger culinary facility and English as a second language students from the University of Waterloo can now come to the campus two days a week, she said.

Andraza said the new campus freed up space at the Doon campus because a lot of apprenticeship programs moved from Doon.

he University Heights campus has two floors and is 115,000 square feet on 12 acres. It can be expanded up to 200,000 square feet. The old campus was 62,000 square feet.

The look of the campus is esthetically pleasing, especially the courtyard, said Andraza. That has helped maintain a good upbeat morale around the campus.

Conestoga College bought the building after the Waterloo Region District School Board closed University Heights Secondary School.

There are ideas to extend the campus further, Andraza said.

More rules, like smoking areas, and changes will be implemented after a few months, she said. Administration will need to be onsite for awhile before they know what changes are needed.

Phillippe Saraiva, an instructor for the chef training program at the Waterloo campus, said the move was a long time in coming.

"We've been waiting 25 years for it to happen," he said.

There are new facilities, a new kitchen and a new culinary lab, said Saraiva, adding there has been a lot of money invested in the program. There were things that weren't done in time but, overall, it's been a great transition.

"It's exciting for everyone because there are lots of new toys," the professor said.

Saraiva even has past graduate students retaking courses because of the state-of-the-art equipment, the new diner and bartending lab.

The new campus also allows for the program to accommodate guest speakers from around the country, said Saraiva.

"It's just like when you don't want to invite guests over to a messy house," he said. "Now we have a tidy house to have those guests over."

Strings attached in game of life

Every morning the alarm goes off, citizens rush out their front doors and the highways become packed with thousands of vehicles.

About an hour later, offices, factories and other institutions are filled with thousands of employees. For eight, 10 and even 12 hours, these employees perform their duties, before retiring for the day and returning home, just to wake up the next day and play the game of life all over again.

Unfortunately, in this game those who play it do not make the rules, but they most certainly have to play by them.

Instead of working their

lives away to pay bills,

people should spend

more time with their families and friends.

Why do people continue to repeat the same routine every day of their lives for about 50 years?

Why do they follow these rules of life?

Some people do it because they enjoy it. Others do it because they need something to occupy about a

half a century of their time. Most, however, do it simply because they are forced to. It is the ultimate need to earn money in order to survive which forces them to work.

Whether it is a burger flipper, bookkeeper, dentist or CEO of a major corporation, people are slaves to their careers, society and everyday lives.

At this point in history, money has more control over the world than ever before. With the rising price of gasoline, the increasing costs of insurance and the overwhelming presence of a throw-away society, people are spending more money at a quicker pace than ever, in most cases quicker than they can earn it.

Even the cost of obtaining the education needed to play the game of life is substantially increasing. People are being trained at colleges, universities and trade schools across the globe, the cost of which ironically comes out of their pockets.

In most cases, young people must start the game of life in the hole, having to borrow large sums of money from banks and the government in order to pay for their schooling.

Therefore, paying off large debts, going to work every day to earn money and squeezing every last penny in an attempt to save some of it is usually just where problems begin for people.

Every cause has at least one effect, and in most cases an increased level of stress is the effect of earning money to afford the necessities of the inevitable rat race.

When the game of life reaches its end, it does not matter how much wealth people have, or even how healthy they are, all that matters are the memories that were made along the way.

If people spend their lives making money, without making memories, their lives will continue to seem empty. Instead of working their lives away to pay bills, people should spend more time with their families and friends. Life will seem much more meaningful once people stop wasting their lives like a bunch of rats in a maze with no cheese.



Money rules most people's lives

WWE walks the plank

Pushing the envelope is certainly not a foreign concept for WWE owner, Vincent Kennedy McMahon.

While there is something to be said for the once innovative genius, one must question whether wrestling has become little more than an elaborate circus of cheap entertainment.

The soap opera known as the WWE has sacrificed quality entertainment for what has now become a sideshow of buffoonery aimed to shock its viewers each week.

And that it does.

It seems every time I flick my remote to channel 53 and tune into WWE Raw, I am left with no other option but to shake my head and chuckle abashedly.

Sure, as a longtime wrestling fan I expect a few crazy stunts to be pulled here and there, but nowadays, the feathers of controversy are ruffled more often than a postponement of the Student Life Centre.

The scantily clad women, sleazy jokes and racist innuendos, which comprise the WWE agenda, seem



Nick Casselli

Opinion

to pale in comparison to the historical matches, and heated rivalries of the good old days.

Call me old-fashioned, but a show with a main fan-base of young impressionable children should feature positive role models, like the immortal Hulk Hogan.

Instead, today's so-called heroes are a couple of degenerates know as DX who teach children that using derogatory terms and defying authority is downright cool.

And oh yes, let's not forget their encouraging catchphrase, "If you're not down with DX, we've got two words for ya, Suck It."

For all you parents out there looking to buy your children a new fall outfit, DX clothing and merchandise featuring this lovely

catchphrase can be purchased in any fine retail store near you.

The news only gets better for parents whose children are faithful WWE viewers.

Any worries you might have had in telling your kids the timeless tale of the birds and the bees can put to rest.

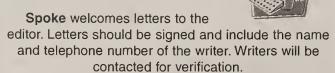
Yes, that's right, your child has already received top-notch teaching in sexual education, courtesy of WWE superstars, Edge and Leta, who recently preformed a live sex show on a bed in the middle of the squared circle.

Wow.

The sad thing is, after watching this extreme degradation unfold before my very eyes, I wasn't the least bit surprised, as by now I have learned it is evident the WWE will resort to this filth in place of the high-impact, classical wrestling wars of the past.

It may have transpired gradually, but the WWE has lost all that was once good and wholesome about the business, in a feeble attempt to boost low ratings.

Letters are welcome



No unsigned letters will be published.
Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

Address correspondence to: The Editor, Spoke, 299 Doon Valley Dr., Room 4B14, Kitchener, Ont., N2G 4M4

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Editor: Eric Murphy

Advertising Manager: Jessica Blumenthal, Kristin Grifferty Spoke Online Editor: Meghan Kreller Production Managers: Tara Ricker, Brandon Walker Circulation Manager: Nick Casselli Photo Editors: Adam Black, Adam Hannon, Tiffany McCormick, Jon Molson and BJ Richmond

Faculty Supervisor and Adviser: Christina Jonas

Spoke's address is 299 Doon Valley Dr., Room 4B14, Kitchener, Ontario, N2G 4M4.

Phone: 748-5220, ext. 3691, 3692, 3693, 3694 Fax: 748-3534

E-mail: spoke@conestogac.on.ca

Website: www.conestogac.on.ca/spoke

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Adaptive technology lab an education saver



(Photo by Samantha Saechad

Second-year woodworking technician student Rosie Schappert said using the programs Kurzweil 3000 and Dragon NaturallySpeaking has inspired her to be more independent in her work.

By SAMANTHA SAECHAO

The place to be for any student who has a disability that may prevent them from succeeding in their program is the adaptive technology computer lab.

"We provide software and hardware for any students with disabilities if we can, in reading and writing mostly," said Su Lyttle, a computer technology consultant.

The tech lab is located in 2A141, just down the hall from the disability services room. The lab is open weekly from 8 a.m. to 8 p.m. and by appointment on Saturdays from 10 a.m. to 3 p.m.

The lab has other software and hardware and other equipment that help students in many ways. There are two software programs that students mainly use - Kurzweil 3000 and Dragon NaturallySpeaking. Kurzweil 3000 provides both auditory and visual presentation of scanned text and images. It is the most popular because it can improve their reading skills. Students are able to hear the passage in the book and see it as well.

"At one time it was thought that maybe something like this readthe-text program was going to diminish reading capabilities," said Su. "But the opposite has happened, according to studies."

The other popular software, Dragon NaturallySpeaking, is a speech recognition technology using continuous speech. Students who use this software have to train the computer to recognize their voice.

"The student would speak into a word processor and everything they say will show up onscreen so instead of having to type or handwrite, there it is," Su said.

The student can also use a

portable recordable device, where they can use it anywhere and when they're done, just plug it in a computer and upload the information.

Rosie Schappert, a second-year woodworking technician student who uses these two programs, said Kurzweil helps her understand her textbooks better and Dragon helps her speed up her speech and her verbal reading.

"My best friend had these programs and that inspired me to use them and become more dependent on myself rather than on someone all the time to edit and help me."

Some of the hardware that students can use to help them in their programs are Language Master, a portable device to improve word recognition; AlphaSmart, a portable keyboard or note taker, and Reading Pen, a scanning and reading dictionary.

The students who are registered get direct access to the lab and can use other programs such as Microsoft Office and the Internet, not just the adaptive programs.

There is an intense period when students first use the programs, having to get used to them and learn to use them to their best ability. The students can use the software and hardware as often as they need to during the open hours.

One-on-one training is provided on the specialized software or hardware if the student is in first year. If they are a returning student, they just have to book an appointment with Su or drop in and get started with the staff person who is on duty in the lab. Staff members are always available for help in the lab or in the service room next

For more information contact the office at 519-748-5220, ext. 3643 or visit the website at www.conestogac.on.ca/spneeds.

The best phone call ever

By ALEX MCNANNEY

When Katie Richardson applied for a scholarship she read about on the Internet, the second-year public relations student was just thinking she had nothing to lose.

But one day in July, the 25-yearold got one of the best phone calls ever.

She found out she won one of 24 national scholarships available through the Garfield Weston Foundation.

"It was exhilarating," said Richardson.

"It was really amazing."

The Garfield Weston Merit Scholarship for Colleges is an award given to 24 applicants that ognizes students who are passionate about their field of study, caring about matters involving family, neighbourhood, and community, and show an interest in activities that make a difference in society.

More than 900 students applied for the award in 2006.

Richardson had to go through six interviews in total, one over the phone and five in person, but she said she was shocked just to get the phone call.

After the phone interview, she

was asked to go to Toronto with 84 other candidates and went through five interviews in one day, including one in front of a panel, but she persevered and won one of the 24 awards available.

"It was pretty intense," she said with a laugh.

The award will cover her full tuition for this year, plus \$8,000 to cover living expenses, \$4,000 to cover costs associated with the past year and the opportunity to renew the award for up to two additional years.

She can also apply for an additional \$3,500 toward costs of undertaking an overseas project.

This fall, along with a fellow student at the college, she is starting Conestoga's first Habitat for Humanity project.

She hopes to be able to travel to Africa to help raise awareness about the social human rights issues plaguing the continent.

She hopes to use her skills in public relations to get the message across to people all over the world about the problems in Africa.

"Whether it's the AIDS crisis, human rights issues, hunger, there's a million and one things that are needed there," she said.

COUNSELLOR'S CORNER: Procrastination

You may think it is too early in the semester to deal with procrastination, or are you just procrastinating?

Avoiding or putting off work which needs to be done can come in many forms. Some students ignore a certain task, hoping it will go away. Some underestimate how much work is actually involved in an assignment. Some see other activities as taking priority, like vacuuming your room instead of beginning to read that textbook chapter. An extra ten minutes of TV can eventually become the whole evening. Sometimes, students get "stuck" on one part of their project and don't move on from there.

To overcome procrastination, you first need to recognize what avoidance technique you employ and whether you want to change it. Then you can try some helpful approaches.

An essential element in dealing with procrastination is managing your time and planning. Effective planning is a key to achieving goals. Divide larger tasks into smaller steps which will seem more manageable. Set a deadline for each step. Take breaks and build in rewards. Work with a friend. Be reasonable and realistic with your goals; perfectionism can get in the way. For further assistance, don't procrastinate! Talk to a counsellor.

A Message from Student Services
Visit our website http://www.conestogac.on.ca/jsp/stserv/index.jsp

Ordering books online still a possibility

Students eagerly await an end to bookstore lines

By HOLLY FEATHERSTONE

The bookstore manager said although Conestoga College students would love to order their textbooks online, they won't be able to anytime soon.

Mary Andraza. manager of retail operations at the Doon campus bookstore, said students may be able to order their books online in the future, but there are a few current impediments.

'It is something we hope to eventually offer, but staffing limitations, in a nutshell, is what's holding us back from being able to offer that service to the entire student body,' said Andraza.

"It is something we hope to eventually offer, but staffing limitations, in a nutshell, is what's holding us back from being able to offer that service to the entire student body."

Mary Andraza. manager of retail operations

The online ordering service, accessible via the college website, currently offers distance education and OntarioLearn students the convenience of ordering their textbooks online through a secure ecommerce program.

Andraza said the service, introduced in December 2004, is ideal for distance education students because the majority do not live in the surrounding area.

"It offers them the feature of us



(Photo by Holly Featherstone)

Bookstore clerk Chris Hoelscher displays the online bookstore, a feature on the college website. The prospect of opening an online mail-order service for the student body is still in the works.

being able to mail (books) to them through Canada Post," she said, "and they have the convenience of ordering on a secure website.

Andraza said although the student body would enjoy such a service, a shortage of space is also an inhibiting factor.

In order to fulfill an online mailorder service, additional square footage is needed for storing books that have been ordered as well as packaging materials. Furthermore, additional staff to select and package books would be necessary.

"We'd have to ensure that the book is adequately packaged so that it's not damaged in transit," she said.

Andraza said ordering books online would interest a lot of students, especially first years and new continuing education students, who are not always familiar with the process of purchasing books.

"If they can order books online, that takes care of one more thing they don't have to worry about at the start of their classes," she said.

Additional advantages to a mailorder service include the elimination of students waiting in line at the bookstore as well as the assurance that students receive the correct books they need.

First-year paramedic student Kelly Gouweloos said the prospect of ordering her books online would be very convenient.

"I think it'd be great," she said. "It'd be easier to order them online and then get them in the mail as opposed to coming (to the bookstore) and waiting in line.

"Everyone hates waiting in line."

Kelly Gouweloos, first-year paranıedic student

Gouweloos said her only concerns with such a service include the possibility of ordering and paying for the wrong books as well as any problems that may occur during shipping, but she said she wouldn't miss lining up at the bookstore.

"Everyone hates waiting in line," she said.

Deliberations for the instalment of a student mail-order service persist, with no current projected date of implementation. Students, however, are welcome to visit the online bookstore at http://conestoga.bookware3000.ca. The website includes suggestions for students managing their book budget as well as a textbook search feature, refund policies and an overview of products offered at the bookstore besides textbooks and school supplies.

For further information regarding the e-commerce feature for distance education students, refer to the FA llist provided on the website.



Third-year graphic design students Tara Olheiser and Lindsay Pasichnyk said studying in Australia would give them the opportunity to convert their diploma to a degree in a short amount of time. A representative from KOM consultants will be returning to the college again on Nov. 1 and Nov. 2 to meet with students interested in attending university in Australia.

Students need to find balance

By TARA RICKER

Sometimes it can feel like there isn't enough time in the day, especially if you're a student at Conestoga College.

With days jam-packed with classes, afterschool activities, parttime jobs and homework, many students tend to put their personal health on the back-burner.

"Students tend to have too much on their plate," said Shawna Bernard, a student counsellor at the

With so much going on students often forget to pencil in time to eat and sleep.

"You are what you eat." Joan Magazine,

student counsellor

Meals are often skipped and management of weight and food intake is often non-existent or disordered, said Bernard.

Class and work schedules change daily, as well as every semester," she said. "Lifestyle changes, peer pressure, limited finances and access to food also contribute to erratic eating

When students first enter college, their diets often deteriorate and they often gain weight. Bernard said this weight gain, otherwise known as "the freshman 15," is related to stress, a sedentary decline in diet quality that may occur during the college years.

Bernard said structured eating

patterns help students' academic performance.

"You are what you eat," said Joan Magazine, a student counsellor at Conestoga College. "The more nutritional, healthier eating habits you have the healthier your body will be.

Sleep is just as important for students as practising proper eating habits and many students don't get an adequate amount of sleep each night.

"Being sleep deprived can contribute to memory problems and difficulty in logical reasoning," said Magazine.

Routinely not getting enough sleep can also make it harder for your immune system to fight off colds, she said. There are several things you can do to help ensure that you get the right amount of sleep.

"Having a consistent bedtime routine is very important to getting enough sleep," said Bernard. may include turning off the TV, radio or computer half an hour before bed."

Bernard said it is important for a student to give themselves some down time before going to sleep because their brain needs time to

"Don't do homework right before going to bed."

She suggested students should try and complete homework and assignments at school instead of bringing schoolwork home and leaving it until the last minute.

It is important for students

develop and maintain time management skills throughout their college career, said Bernard.

"The life of a college student can be crazy but it's important to find a balance."

lifestyle and changes in food intake and diet patterns. However, there are several actions that can be taken to avoid the weight gain and

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Monday October 2nd - Friday October 13th - HEALTH SCIENCES

Monday, October 16th - Friday, October 27 - COMMUNITY SERVICES

Monday, October 30th- Friday, November 10 - MEDIA LIBERAL STUDIES

Monday, November 13th - Friday December 1 - ENGINEERING TECHNOLOGY

Monday, December 4th - Friday, December 15 - INFORMATION TECHNOLOGY

Monday, January 8 - Friday, February 2 - SCHOOL OF BUSINESS

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Autumn brings cool changes

By BECKY SHARPE

The first chill of autumn hit students at Concstoga College on Sept. 23, with a wind chill making it feel like 12 C.

However, the sun made leaves all over campus shine, uplifting students' spirits.

Field sports are coming to a season's end while hockey season is right around the corner.

Students are bunching up in the cafeterias at lunch to escape from the fall rain outside.

Sabrina Poplawski, a secondyear occupational therapy assistant/physiotherapy assistant (OTA/PTA), is seeing changes at the college such as CSI activities moving inside.

"There's no more outside activities, it's becoming indoor movie night and carcer fairs," she said.

"Hockey season is starting soon, I love it."

Kristi Schwab, second-year OTA/PTA student

Regardless of the fact that it's raining, it's nice to see colourful leaves in the woods on campus to help brighten things up, Poplawski

"I love to kick the leaves while walking; it's such a nice sound."

Picking apples and making cider are two of the best things about fall, Poplawski said.

Krystal Albrecht, a second-year OTA/PTA student, said she doesn't like fall because it starts to get

"Soccer is almost over and it's always cold," she said. "But I do enjoy the colour of the leaves, especially the multicoloured

It's getting cold out so there's not much for students to do who don't

like fall, except sit inside and watch movies in their spare time, Albrecht said.

Kristi Schwab, a second-year OTA/PTA student, is really excited about fall.

"Hockey season is starting soon, I love it," she said. "Plus jumping in the leaves has to be a plus for everyone."

One negative thing is the allergies that students suffer from such as ragweed. It's horrible to be outside, Schwab said.

"On the plus side I get over the allergies by seeing those really beautiful bright red leaves that pop out at you," she said.

The college has some pretty trees all over campus for students to enjoy throughout the year, Schwab said.

"Fall also reminds me of Halloween, which everyone can get excited over even at this age. I love to carve pumpkins and the seeds on the inside are fun to scoop out."

Nathan Norris, a first-year food service worker at Waterloo campus, has noticed that people start to slow down in the autumn.

"People tend to walk slower," he said. "In the summertime people walk faster and cars drive faster."

Now that fall is here, people are pacing themselves like they are recovering from a summer drain, Norris said.

"A good side to fall is not only the leaves but the insects, which I have many allergies to, are all dying off so I can walk around outside without worry," he said.

The colours of leaves are always a sight for any student, said Norris.

He gave a humourous side to how he enjoys the colours of the leaves.

"I don't tend to want to put leaves.

"I don't tend to want to put leaves into a category.

"I feel it's almost discriminating against them," he said. "I live in diversity, the more colours the merrier."



(Photo by Becky Sharpe)

Nathan Norris and Sabrina Poplawski, second-year OTA/PTA students, enjoy the autumn weather as they walk the trails near Green Valley Drive in Kitchener Sept. 25.

Plug in at the LAN party

By ANNELISE THOMPSON

Conestoga students will have their first opportunity to plug in to a LAN (local area network) party in the blue room cafeteria following classes on Oct. 13.

The event has been organized by second-year computer programmer/analyst student Trevor Welsh, who felt there was a need for this type of event at school.

Students interested in participating in this liquor-free event will have a chance to play games such as Star Craft, War Craft and Counter Strike against other students attending the party.

"You just bring your computer, monitor, keyboard, the whole computer get-up," said Welsh.

Fellow event planner David Henry, a second-year computer programmer/analyst student, added, "We'll have all the cables and power cords for everybody to just plug into their computers and then we're in business."

Welsh said, "I decided to start it because everyone was always talking about how they were going to go play games (after class), and it just made sense."

Welsh, who is no stranger to organizing these types of events, first started hosting LAN parties while at Westland High School in Niagara Falls.

"The high school following was awesome," said Welsh. "I even ran them (the LAN parties) after I graduated for a bit, but after everyone who had taken part graduated, people stopped showing up because they had no idea who I was."

This will be the first time an event like this will be held at the college in at least 10 years - if at all - according to Welsh.

"When I came here, I figured they'd be having LAN parties, but they weren't, and I wanted there to be LAN parties so I looked into it." When asked how many students they were expecting Welsh said it really depends on who you talk to

to.

"We are putting our cutoff at 100 people, but I'm really not sure how many people to expect," he said. "I have some people come up and say, 'Wow, I don't expect you guys to get more than 20 people,' while others say, 'Wow, I expect in your first week that you aren't going to have enough room.' I, myself, am thinking about 40 people will come out to the first one."

Henry agreed with Welsh, estimating that between 30-40 people will attend.

Plans for a second party will be set after the first party is over and the organizers have a better idea of interest levels.

"Whether we have another party or not will depend on the turnout and if students are interested in doing another one," said Henry. "If they are then we'll set it up."

Genders can live together

By ALLISON STEINMAN

According to one of the definitions in the Oxford dictionary, a family is defined as a group of people who are alike in some way. Family units come in all shapes, sizes, and, as two Conestoga College students can attest to, genders. Second-year nursing student Jolene Brenner, who has lived with two men, her boyfriend and his roommate, for over a year, said living with the opposite gender is a lot of fun

"Guys are casy to get along with," said Brenner. "Women aren't." She added it's a lot easier to live with men because she doesn't have to worry as much about being organized.

A second-year police foundations student who has only been living with his three female roommates for about a month, agrees.

"It's sometimes more fun hanging out with girls than guys," said JD Coldham. "It's always good to change it up and hang out with girls instead of guys, it's a nice change."

Both Brenner and Coldham can't deny that this slightly unconventional living arrangement comes with its challenges.

Brenner admits that men can sometimes be a little bit more insensitive than women.

"Sometimes I just want a hug and it's OK," she said.

Coldham on the other hand is still struggling to understand the inner workings of the ladies residing under his roof.

"It's not possible," he said with a laugh. "Girls change from week to week so as soon as you think you know what's going on in their heads, you're an idiot." However, he added that by the end of the year he hopes to understand them better.

As far as tips for keeping the peace go, Coldham said respect is important

"Just try to talk to each other," he

.....

Brenner's tip is all about attitude. "Don't take things too seriously," she said. "Guys don't do that."

Brenner said it's easy to pick up the habits of her roommates such as tastes in music and television.

"When you live with someone you just learn to adapt," she said.

Coldham said there is one girly habit he doesn't enjoy.

"I don't like stumbling across feminine products," he said.

When asked if he's changed any of his old living habits due to the gender of his roommates, Coldham said he's more careful about what he says around the women.

"I don't say as many guy things around them anymore," he said. "But at the same time the girls I'm living with are pretty cool."

Brenner said she hasn't changed any of her habits.

"They're my habits," she said.
"I'm not going to change them for anyone, no matter what gender they are."



Getting drilled

Conestoga students, faculty and staff stand outside the college waiting for the fire department and school officials to say it's OK to return inside after a fire drill on Sept. 19.

Rain puts damper on fall fair fundraiser

Event organizers hoped to raise money for children with disabilities

BY AMY MEADOWS

A third-year Conestoga College student said the biggest pull at this year's family fall fair for KidsAbility came when it was the priests' turn to go in the dunk tank.

"The best part was when the priests started to heckle the kids," said Scott Boettger, a 21-year-old computer programmer student.

The fair was held at St. Mark's Catholic Church, Kitchener, and was a fundraiser for KidsAbility, an organization that aims to help children with developmental, physical and communication disabilities.

Boettger said all the proceeds from this fair would be going to buy a wheelchair for a special or high needs child who can't afford one and said they have been fundraising to buy numerous wheelchairs over the years.

"We were really hoping that it would go extremely well, but then it rained," said Boettger, a co-chair for the event.

When it came time for the dunk tank, Boettger himself donned swimming trunks and prepared for the icy plunge.

"I've done the polar ice plunge, so this is really nothing in comparison," he said.

Despite the six-month preparation for the event and the inclement weather, everyone's spirits remained high and they focused on the real reason for the day.

"The best part was when the priests started to heckle the kids."

Scott Boettger, third-year computer programmer student

"It's held in memory of Jeffrey Yantha, a young man who was a student at Resurrection Catholic Secondary School who passed away last year," said Lindsey Hunt, another co-chair for the fall fair. Hunt also said that fasts and dances have been held over the past year to raise money to hold the fair, and pay for the rental of various equipment, including the dunk tank.

Yantha received support from KidsAbility throughout his life.

Melanie Williamson, a member of St. Mark's church, said she was disappointed by the turnout, which by mid-day hadn't exceeded 50.

"This is the most money I think they have spent on a fundraiser and the least amount of people we have had show up so far," said 14-yearold Williamson, a student at Eastwood Collegiate Institute.

Everyone was quick to admit the bad weather must have deterred people from coming; it also resulted in one of the areas of entertainment being shut down.

"We had to shut the sumo wrestling down, that sucked a little bit," Boettger said.

The event included, a bouncy castle, barbecue, a face painting stall and popcorn stand, a fire truck where the kids could try on a fire-fighter's suit and a visit from the Kitchener Rangers who set up targets so that visitors could test their skills against them.

"I got dunked by one of the Rangers," said Boettger.

He said it was plain to see the determination from each one of the volunteers, many in their early teens.

"All the kids here are volunteers, here for the fun of it and for the joy in their hearts."



(Photo by Amy Meadows)

Scott Boettger, a third-year computer programmer student, prepares to be dunked at a fall fair at St. Mark's Catholic Church that raised funds for KidsAbility, an organization that helps children with developmental, physical and communication disabilities.

Online learning at all-time high

By ADAM HANNON

Online learning enrolment is at an all-time high in Ontario.

The OntarioLearn enrolment for the 2006 academic year is around 31,000.

OntarioLearn is a partnership of 22 Ontario colleges that develops and delivers online courses. It was created in 1997 under the name Contact South. Conestoga College was one of the first colleges to become involved with the program. OntarioLearn students can work toward a certificate or diploma in their area of study.

Registration for OntarioLearn courses has grown every semester since inception.

In the spring of 2001, 165 students were registered through Conestoga College. That number more than tripled this past spring, when registration reached 532 for the college.

Shirley Nequest, OntarioLearn officer for the college, has been working with the program for three-and-a-half years.

She said many of the people who take courses through Ontario are part-time students trying to improve their job related skills.

Nequest said others are full-time students who take the courses to

help them pick up needed credits, or lighten their school courseload.

She said the prices for OntarioLearn courses are slightly higher than in-class courses because OntarioLearn offers technical support for its students.

All of the courses are completed online, with a fixed start and end date. Most of the exams are held on their corresponding college campus.

"We have students all over."

Shirley Nequest, OntarioLearn officer

Nequest said the courses offered on OntarioLearn offer students the flexibility to work at their own pace.

"The flexibility is a huge part of why people want to learn online," said Nequest. "If you have a connection to the Internet, you have a connection to the courses.

"There's more need in the community for online learning. People are trying to fit things into their busy lives."

One of the new courses being offered on OntarioLearn is English as a second language

training. ESL courses are essential because of Canada's dependence on immigration. Nequest added there is also a need for more certificate and diploma programs.

"Theory-based courses are much easier to deliver online, as with any distance program," she said, adding that most courses which require mostly practical instruction are not offered on OntarioLearn.

There are, however, some exceptions. In the past, esthetics courses, which are heavily practical, were able to achieve success online. The students videotaped applications and sent them in to the instructor.

Despite its name, OntarioLearn caters to a much greater area than just its home province.

"We have students all over," she said. "If they're way up north they'd never be able to come to the college for an in-class course."

Nequest said some students are from as far away as the Northwest Territories and Belgium. She added that Canadian soldiers, stationed as far away as Afghanistan, have also taken courses through OntarioLearn.

For more information students can go to www.ontariolearn.com.

Women take back the night

By SUMMER MCPHEE

Once again community organizations for women in Waterloo Region came together to organize the 22nd annual Take Back the Night march, held to encourage action that will bring an end to violence against women.

The march, held on Sept. 21, started with supporters gathering at 6:30 p.m. at the Brewmeister Green in Waterloo.

The women and children began marching at 7 p.m., winding their way through the downtown streets and finishing at the pavilion at Victoria Park in Kitchener for refreshments and the program finale.

The march, which on average brings out approximately 200 women, traces back to the 1970s in England, where there were a number of sexual assaults that occurred.

In response, a curfew was imposed on women and children preventing them from being out after 10 p.m. without the accompaniment of a man.

Women were outraged and decided to march in protests to regain their right to walk the streets without fear and since that time it's become a march that happens annually around the world.

It's estimated that 10 women will face sexual assault in Waterloo Region everyday said the community relations co-ordinator for the Kitchener-Waterloo Sexual Assault Support Centre.

"I think one of the things people don't realize is the prevalence of violence against women in our society," said Sara Casselman.

The march is only open to women and children. Casselman said men can be involved in terms of hearing the speeches at the beginning and going to the pavilion at the end, as well as showing their support by walking outside the march.

"The march itself is the one night of the year we're trying to hear women's voices," said Casselman. "Often experiences of violence are silent and unnamed so this is the one time of the year we ask that just women march so that their voices can be heard."

Casselman, the media representative for this event, said information about the march is always on the sexual assault support centre website www.kwsasc.org and if women are interested there are many volunteer opportunities.

Tim Pollock, a first-year mechanical engineering student at Conestoga College, said he thinks it's great that organizations are holding events like this to make people aware of the violence that goes on against women.

"An event that allows women to speak out about their personal experiences with violence and to have other women there to support them helps create stronger women in our communities," said Pollock.

He said he wants to know that when his mother and two sisters leave the house during the day and especially at night that they are safe.

"No woman should ever need a man to feel safe or be safe," said Pollock.

Togas, togas and more togas!

By JON MOLSON

Neon blue, lime green and even plain white. Partygoers, who shared a passion for ancient history or just dressing up for themed events, wore togas in all the colours of the rainbow at the college's 15th annual toga party.

More than 300 people attended the event held in the Sanctuary on Sept. 21. Admission was \$2 and each student attending the toga party had the option of signing in a maximum of three people who were at least 16 years old.

The Sanctuary has always been the venue for this event, but next year CSI plans on relocating the toga party to the bar/bistro, which is being built in the new Student Life Centre.

"This year's toga party was so successful, there was so much enthusiasm in the students," said Lindsay Silva, the events programmer for CSI. "Every student was dressed up and I was so surprised and thankful that students were into it this year."

"I think it is fun because people have a chance to be silly, be outgoing and you get a chance to meet lots of new people ..."

Ashley St. John, general business student

Students wearing togas of all shapes, sizes and colours packed the Sanctuary for the four-hour event. There were couches and booths set up, but most students were content standing or dancing, while conversing with friends, acquaintances and people they just happened to meet. It didn't take long for the dance floor, illuminated by multicoloured lights, to fill up and with the fast-paced music, the atmosphere in the Sanctuary resembled that of a nightclub.

More than 20 security personnel were spread out at different locations in the Sanctuary and watched both exits as well as entranceways. There were even a couple of off-duty police officers who provided added security and helped control the number of people in the hallway hoping to get into the event. Despite the majority of students behaving in an appropriate manner there was one major incident of misconduct, which had an officer breaking his knuckle during the arrest of a 20-year old man. Officials from security and CSI would not provide any other details.

Silva said she didn't expect so many students to come out to the event.

"I'd say we'd probably turned down a good 100 to 150 students," she said. "The capacity of the Sanctuary is 350, that's including the workers, so we had to close the doors at around quarter to eleven."

She said the bar/bistro would allow for more open space at next year's toga party, which will create a larger capacity for more students to take part in the event.

"It is a better venue altogether. We are going to have a brand new bar," Silva said. "It is going to just have that new look and a lot of students are going to be willing to go there because it is new and fresh and hopefully it will motivate them to come to our events there as well."

Silva said she would have a better idea about any changes for next year's toga party when construction on the bar/bistro is completed.

"When the time comes and I see the venue and everything, I'm sure there are a few different things that I'll do," she said. "Maybe have two beer girls, one in each corner plus the bar. It shortens up the lines and students get their drinks faster."

This year there was one beer bin girl as well as the bar, which sold mixed drinks, beer, pop and water.

Silva said she is looking forward to hearing student feedback about the event.

"Whatever is bad, we'll take into consideration and we'll put it towards next year's toga party and all the good feedback is a bonus," Silva said.

Ashley St. John, a second-year general business student, said the best part about going to the toga party is dressing up. "I think it is fun because people have a chance to be silly, be outgoing and you get to meet lots of new people and that is what I really like about college."

St. John, who attended last year's event, said she made some changes for this year's toga.

"Last year I wore a king-sized sheet and it was massive and I just wanted to grab a pair of scissors so bad," St. John said. "So this year I literally took one pillow case, cut it in half and this is what I got. Apparently I fit in a pillow case."

Eric Houston, a first-year student at Wilfrid Laurier University, said this is the first toga party he has been to. Houston came with his girlfriend and one of her friends.

"We came here to enjoy the festivities. I've never been to a toga party, but so far everything has been really great," he said.

He said there is a lot of advantages to attending these kinds of

"The best part about coming to an event like this is definitely meeting people and talking to them and exploring their life, what they've seen, what they've done, how they feel about it and their views on it," Houston said. "Politics and religion aside, that is the best conversation when it comes right down to it."

Houston said his toga dates back to the 1970s. "My dad picked it up back then for his bed sheets," he said. "It is composed of three-quarter notes and quarter-notes and it is very musical."

Shane Lloyd, a third-year student in the construction engineering technology program, said the toga party is his favourite event at the college.

"I'm having a blast, it is a lot of fun," he said.

Lloyd thinks when the student centre opens this event will be much better.

"The Sanctuary is big. It has a lot of entrances, which really helps with the flow, but other than that it is pretty crowded," he said. "The Student Life Centre is probably bigger, probably holds more people, and will have a bigger bar and more service."

CSI is hoping to have the bar/bistro open around mid November.



(Photo by Jon Molson)

Anthony Haslam, a first-year law and security administration/police foundations student, brandishes a foam sword, while Josh Miller, a fellow student, poses in the background with two pool cues.

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Photos by Jon Molson



Josh Miller, a first-year law and security administration/police foundations student, waits patiently to take a shot during a game against a fellow student.



Nathan Dempster, left, a third-year civil engineering student, and company celebrate with a drink at the Toga Party.



The college's varsity rugby team and some friends ham it up for the camera.

Festival promotes literacy

BY ROSS ALDWORTH

Rainy weather wasn't enough to stop the fifth annual Word on the Street festival, held Sept 24.

Jubilee Drive was closed to traffic to make room for 36 exhibitors, including the Kitchener Public Library, The Record and adult literacy programs.

Held simultaneously in Calgary, Halifax, Vancouver, Toronto and Kitchener's Victoria Park, the festival promotes literacy and offers local bookstores, libraries, publishing companies and other publications the chance to connect with the community.

Aecording to Pam Comens of K-W English School, a basic level of English literacy is required for eitizenship tests and general community functions. K-W English School is a program based at 800 King St. W. that runs at numerous locations throughout the K-W area and exists to teach literacy skills to adults new to the English language.

According to StatsCan, literacy is

defined as the skills necessary to use printed materials commonly encountered at work, home and in the community. Four out of 10 adult Canadians do not have basic literacy skills, which means they are able to read and write English but struggle with the basics of grammar and speed.

For those who already have their literacy skills in order, there were organizations like Petnyaa Self-Publishing Services who, according to representative Anyaa H'redulla, are there to help writers become authors through self-publishing.

Self-publishing, says H'redulla, allows authors to retain the rights to their work and allows them to be a direct part of the marketing process and keep all profits to themselves.

H'redulla applauded the spirit of the festival as a mode of communication despite the inelement weather.

"You have to be able to make that eonnection between the book and the reader, and this is a great way to

do it.'

Guest speakers at the festival included a panel of writers from The Record who talked about what goes on behind the seenes of a newspaper piece, various authors reading and discussing their work and Conestoga's own professor of journalism, Christina Jonas, who gave advice on how to get freelance articles published.

Other attractions at the festival included live music provided by the groups Flamenco Rain, Latin Fusion Trio and Jet Jaguar Trio and a spelling bee for local community members including Mayor Carl Zehr, The Record assistant news editor Bill Bean, members of Kitchener's police and fire services and two of the 2005 Regional Spelling Bee of Canada Champions.

Zehr said while the turnout for the festival was disappointing due to the weather, it was still a great opportunity to make people aware of the many different organizations that promote literacy.



(Photo by Ross Aldworth)

Mayor Carl Zehr is baffled trying to spell bouillon at the Word on the Street spelling bee.

Homeless man starts life anew

By JENN SPRACH

It all began when he was around nine months old and was left by his mother at a foster home in New Brunswick.

Kevin Davidson, 48, a former homeless man who now lives in Kitehener, said he lived in the foster home for five years before his father brought him to this eity to live with him and his wife.

He said he was mentally and physically abused by his dad and stepmom, both who had alcohol problems.

"People can't do that anymore, the way I got whipped," he said.

"The step lady favoured her kids over us," said Davison. "In Grade 9 the step lady took me out of school to babysit my siblings, because they (his dad and stepmom) worked full time."

At 15 he was working, doing chores and paying rent, when one day his father came home and told him he had to move out because of some health issues the "step lady" was having, he said.

"Bang, I ended up on the streets at 15. I lived on the streets for four years."

That's when the aleohol abuse began, he said, adding he experimented with drugs but never became hooked.

He began drinking for all the wrong reasons and alcohol became a crutch.

"I drank the way I did to eurb the feelings I was having," he said.

The hardest part about living on the street was not eating properly. He would go three to four days

without food.

If he had enough change to enter

a pool game he would make money to buy a meal, he said.

If not, he would steal money by doing a break and enter.

"It wasn't for the money, it was for food," he said. "What else are you going to do when you haven't eaten in three to four days?"

Sometimes people would help him out by giving him some ehange or a place to sleep.

In the winter months, when he didn't have a place to stay, he would live in abandoned ears or in stairwells of buildings to keep

"I was at the bottom of the barrel, it's pretty sad when I think about it

ow" he said

He really became aware of the problem when he began blacking out when he drank.

On one occasion he smashed a

beer bottle in front of a police offieer and had to be subdued by eitizens until backup came, he said. He resisted arrest and was finally

euffed and put into the back of a police eruiser where he "snapped." "I kieked out all the windows and

dummied the police ear, I don't remember any of this."

Due to his behaviour he received six months in jail instead of 12 hours.

After his jail term he was released to a halfway house and given a six-hour pass.

"I went straight down to the hotel and didn't go back, so I was unlawfully at large," said Davidson. He was quickly pieked up by the

He was quickly pieked up by the police and brought back to jail, he said.

Within a week he received a call from the administrator's office saying the director of the halfway house was there to see him.

"I thought I'd blown it at the halfway house," he said. "I thought I'd be serving the rest of my time in the joint."

The director made arrangements with the police to add 15 more days to his term and release him back to the halfway house, he said.

He was grateful and wanted to do something for them so he deeided to get elean and go straight.

"The lifestyle change was all positive."

His life started to change for the better once he quit drinking, he said.

When asked if he ever slipped the responded, "never, and I never would"

He has been working steady for 20 years now and recently received an award for outstanding effort and dedication to Benshaw Custom Fabricating, where he works as a painter.

He also now owns a ear, something he didn't think was ever going to happen.

Davidson is not proud of his past and advises people not to abuse substances.

His motto is "Don't live in the past, live in the future, because you ean't change the past."

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New pet means big commitment

By DAVID ROGERS

Before adding a new pet to your life ask yourself some major ques-

Stories about puppy mills and pet overpopulation often create misconceptions about buying a new pet and where to go.

A first stop should be the K-W Humanc Society at 250 Riverbend Dr., in Kitchener.

Elizabeth Bonkink, co-ordinator of community relations and fundraising for the humane society. says the breeding centres around our community are legitimately

"We have an Ontario inspector on our staff who routinely checks all of the breeding facilities; he makes recommendations on how the kennels are kept, he routinely inspects them, and if he hears of another breeding centre he immediately inspects it.'

In terms of the humane society's role in the community, it plays many different roles.

"We have a full-time humane educator; she's in the schools everyday and reaches 20,000 schoolchildren a year. In addition, she does a summer camp and junior vet programs," Bonkink said.

The humane society also hosts events for pets and owners to enjoy together, like the recent Surf Dogs where dogs and their owners enjoyed a day at a water park, and the upcoming "Dogtoberfest." Dogtoberfest will be held at Bingemans, 425 Bingemans Centre Dr., Kitchener on Oct. 14, it is the humane society's way to be part of the Oktoberfest celebrations.

"We want to really strengthen the pet/owner relationship," Bonkink, "so we try to come up with events that people can bring their pets to and have fun.'

The society also has the bylaw control contract for the two cities, so they look after licensing and make sure dogs are on leashes and that basic bylaw control for animals is being looked after.

"It is kind of a unique situation, that's not true of every humane society; it's a good thing that the humane society has this because you can be guaranteed that when your dog is picked up running at large that it's a humane society who's got it, it's always going to have humane treatment," Bonkink

,The society goes through busy seasons of higher intake where more adoptions need to be processed; however, healthy animals are never cuthanized.

"Strays definitely go up in the spring because un-spayed and unneutered animals tend to wander," said Bonkink.

"In the summer we get a large number of animals from people who have gone on vacation and they've left their (pet) with a neighbour who's not diligent, (and allowed the pet to run away)."

If you've thought about avoiding the "cute purebreds" at the bigname stores, you may be surprised that they are actually helping the humane society by taking care of adoptable pets until they are taken

Bonkink said, "Petsmart, Super Pet and Petcetera do not carry any other animals except small mammals. They'll carry mice, rats or bunnies but never cats or dogs. So this is their only product in terms of (large mammals)."

These pet stores adopt out cats on bchalf of the humane society, until the right owner is found. The stores don't sell dogs because the humane society does temperament assessments on canines, which are done over a period of time.

Kelly Siefred, a manager at Petsmart in Kitchener, said, "Petsmart, when they first opened, made the decision not to sell cats and dogs but to provide spaces for adoptable pets to find homes, so that we don't contribute to the pet overpopulation."

"People think (pct stores are) the ones housing these purebred animals that are eventually going to be no longer cute, but that's not true of these stores," said Bonkink.

If you choose to adopt through the humane society, they will make sure they find the right pet

"We have a program called Pets are for Life. We want people to think through their decisions.

The biggest question to ask when buying a new pet is your level of commitment. The humane society has dealt with problems that students have created.

"We have had situations where we've found dogs sitting in apartments (after) landlords have called us and said everyone moved out yesterday and the dog is still here," Bonkink said.

"We often find there are an inordinate amount of animals let free in the parks at the end of the semester, bunnies especially."



Volunteers thanked for leading the way

The college's Orientation leaders, who helped make Orientation 2006 welcoming for new students, were thanked for their efforts at a recognition banquet Sept. 15.

Waterloo Park goes medieval

By CARA LICHTY

The ninth annual Royal Medieval Faire was held in the Kingdom of Mearth, also known as Waterloo Park, Sept. 23 attracting hundreds of people from all over southern Ontario.

The purpose of this year's fair was to create a community event that would not only be entertaining to watch but participate in.

When walking around the fair there were dozens of goblins, jesters, wizards, princesses and princes participating in the many activities the festival had to offer. Some of these games included feats of strength such as climbing a wall or tests of precision such as archery. For those who were not interested in physical tasks, there were several more mystical options to choose from such as a palm or tarot reading.

Also on display at the festival were rows of booths selling medieval clothing and jewelry that were replicas of the medieval peri-

Despite the popularity of the games and clothing the most popular venues by far were the food tables. The fare ranged from turkey legs to soft pretzels and giant pickles on a stick.

Carmen Gosselin, the booth coordinator, said that the good weather had everyone in good spirits.

"This is my first year being a booth co-ordinator so I didn't really know what to expect," she said. "But I'm just thrilled, everyone looks like they are really enjoying themselves."

Gosselin said she was surprised at the number of people who really get into the medieval atmosphere.

"I had no idea this many people would dress up to be honest with you," she said. "It's almost like being back in time."

The success of this year's fair would not have been possible without the many volunteers that helped out.

Jennifer Miemhm said she has been attending the festival for five years and decided just this year that she'd like to be a volun-

"Of all the years I've been coming to this festival this is by far the busiest I've seen it," said Miemhm, who worked at the information booth. "It's great to see everyone from a different point of view this year. I love just sitting back and watching the people."

The good weather held right until the end of the festival, which gave the attendees a chance to enjoy the knighting ceremony that happens at the closing of the event every year.

Katie Pratt, an eight-year-old princess, said there was only one thing she disliked about the knighting ceremony.

"It's not fair that only boys get to be knights," she said. "Maybe I'll



(Photo by David Rogers)

Elizabeth Bonkink, co-ordinator of community relations and fundraising for K-W Humane Society, shows off Jake, a nine-year-old beagle pup.



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Patience is a virtue

By NATALIE ANDERSON

I was stuck in traffic. It's an excuse that almost everyone has had to use at least once. It's also one that seems to be more common with the construction taking place at almost every major street or intersection in Kitchener and Cambridge.

Every Conestoga student and faculty member is aware of the construction at Homer Watson and Conestoga boulevards. Those traveling to and from Cambridge or on the highway know that the traffic doesn't always let up once you clear that intersection. It continues down Homer Watson Boulevard where a new bridge and highway ramp are being built.

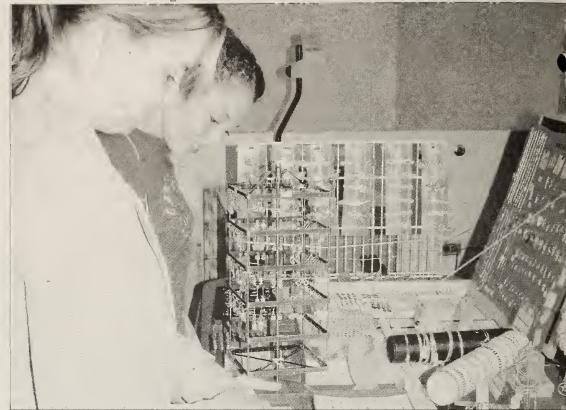
Should you make it through all that on your way into Cambridge, your next stop will be the traffic at the corner of Blair Road, where a roundabout is taking shape. Once in Cambridge, be advised that Hespeler Road is still under heavy construction and can be backed up

for blocks during rush hour. This inspires many drivers to attempt to beat the rush by travelling down Franklin Boulevard, which runs parallel to Hespeler Road. The problem with that is now the two main streets in Cambridge that run from one end of the city to the other and connect to Highway 401 are both jammed with cars.

So where does that leave drivers? They must wake up a half hour early to get to school or work on time, eat breakfast in the car to get out of the house faster or time each route to find the most efficient way to reach a destination.

Regardless, at some point we end up waiting, a task that seems almost too much to ask in our technologically advanced society. With almost everything these days going digital, wireless and high-speed, it's hard to be forced to sit still.

The purpose of all of this construction is, of course, to make our roads better for our growing population, a fact that is hard to keep in mind when running 15 minutes late.



(Photo by Tiffany McCormick)

Sparkle and shine

Third-year architect construction students Sarah Rivers, left, and Caylyn Myers look over the display of rings, bracelets, necklaces and hairclips at a booth set up beside Tim Hortons last week. The booth featured accessories from Good View Fashion in Guelph.

Hollywood uses real-life stories to provide hope and inspiration through movies

In the weeks leading up to the release of the movie World Trade Center, I heard many rumblings about how Hollywood was again preparing to cash in on another tragedy. Although I do have my fair share of negative opinions when it comes to Tinseltown, the release of World Trade Center made me realize that Hollywood can do no right in the eyes of the general public.

I went to see the film the week after its release and I came away wondering how anyone could be unimpressed with such an emotional and heartfelt production. Oliver Stone, notorious for pushing the envelope and making controversial films, took a different approach with World Trade Center. Stone went against his usual style of filming, declining to make a film about the tragedy itself. At no point in the movie does the viewer see an airplane hitting either of the twin towers. Instead, Stone chose to find an element of good within the tragedy and use that to provide a message of hope and inspiration.

Many would argue that Stone exploited the events of 9/11 and the deaths of millions of civilians in order to profit himself. To these people, I say your argument is ridiculous. Did Stone and many others profit from this film? Absolutely. Does that mean making it was wrong? Absolutely not. Films like World Trade Center remind us that there is good to be found in any tragedy, no matter how small it may seem. These films remind us of the positives when the world is so often reminded of the negatives.

After seeing World Trade Center, 1 didn't find myself hating Oliver Stone, but rather questioning the mass media. Questions like why had 1 never heard of John McLoughlin and Will Jimeno, the two Port Authority Police officers who were trapped in the rubble for



Christopher Mills

Opinion

12 hours after the collapse of the North Tower? I'm sure these two men were known, to some degree, in their home state of New Jersey, but how many North Americans were introduced to these two brave and heroic survivors through this film? Probably many, which only serves to enforce why such films need to be made.

I recently saw another film, Invincible, also based on a true story. This time, it was the real-life tale of Vincent Papale, a working-class man living in south Philadelphia in the 1970s. After he is let go from a substitute teaching position, his wife leaves him, taking his children and all his belongings. Vincent is left tending bar part time, with only his friends and football remaining to bring joy to his life.

When the Philadelphia Eagles hold open tryouts, Vincent tries out and ends up being the only citizen of Philadelphia invited to the team's training camp. Throughout the movie, despite encouragement from his friends, Vincent is reminded by pessimistic individuals that he is "nothing". That because of his unemployment and the neighbourhood he lives in, he is destined for a life of mediocrity and failure.

Papale defies the odds and makes the team, carrying the hopes and dreams of every Philadelphia Eagles fan on his shoulders. He would play for the team for three seasons, but much like McLoughlin and Jimeno, Papale's incredible story was largely unknown. Many people outside of

Philadelphia-and likely a few people in Philadelphia-had never heard of Papale before this film. And yet, with its release, millions of people were given the opportunity to see first hand what can be accomplished with the right attitude, a strong work ethic and a single opportunity.

People are quick to criticize Hollywood for making money off such stories, but what people fail to realize is that they too benefit from acts of goodwill at certain times. Is it OK to do the right thing for the wrong (or not-so-noble) reasons? Even if Hollywood is in it for financial gain, does that mean that such stories don't need to be told, or that they can't be used to provide people with hope and inspiration?

Is it OK to do the right thing for the wrong (or not-so-noble) reasons?

Hollywood does turn a profit off the real-life tales of others, both good and bad, but the reason for that is these are the kind of movies that people want to see. The viewer drives Hollywood, Hollywood doesn't drive the viewer. We want to be reminded that there is somelement of good in every traged, we want to see first hand-to some extent-what it was like for the people in the midst of these events; and lastly, we want to be reminded that anything is possible, for any person at any time, given the right circumstances and a strong will.

People everywhere are working hard every day in order to make money for themselves, to support whatever lifestyle they live.

But that doesn't mean the products and services they provide will not be of value to those who use them.



Program heats up for students





Above: First-year firefighting student, Hark Binning, hoists a fire hose up to the overpass.

Left: First-year firefighter education and training students practise their techniques on Sept. 22. (Photo by Meghan Kreller)



Students in the firefighter education and training program haul their equipment up to the overpass that connects the college to the rec centre.



Students practise their skills on the lawn between the college and the rec centre.



Chad Koehler, first-year student, looks on as his classmates prepare to hoist equipment.



Above: Firefighting students prepare a ladder prior to raising it up to the overpass above them.

Left: Two students work together to lift a ladder to their classmates.

Photos by BJ Richmond

Local man making dream a reality

By PEGGY O'NEILL

Millions of people dream about becoming famous one day, and for most it will remain just a dream. However, one Kitchener man is well on his way toward making the dream a reality.

Fason Blaine, 26, has been passionate about country music for as long as he can remember. Raised in Pembroke, Blaine started playing guitar at the young age of eight and by 15 he was playing and singing at local events and bars with his father, brother and two other local musicians.

Blaine grew up watching his father play in a country band and became inspired watching them practise and play live shows.

In 1997 Blaine was introduced to country star Jamie Warren and was invited to his studio and introduced to producer J. Richard Hutt.

In 2001 Blaine decided to move to Kitchener and pursue his dream even further.

Shortly after he got a big break when he won Project Discovery, which is a Country Music Television talent search. Since then he has received more recognition and his debut single, That's What I Do, spent 12 weeks in the top 20 Canadian Country Radio charts. He also started co-writing with Canadian artists Deric Ruttan and Paul Brant, landing a song titled I

Still Do on Brant's latest CD.

Blaine said he usually gets a little star-struck when meeting the musicians he grew up listening to.

"Paul's a very talented artist and I'm so humbled to have the chance to work with him," he said.

Blaine has had several nominations, including best new country group or solo artist at the Canadian Radio Music Awards and independent single of the year at the Canadian Country Music Awards. He has yet to take home an award but he's confident his time is coming.

He is also doing an ad campaign with Bootlegger called Generation B. The campaign is celebrating Canada's community role models and Blaine was chosen for Kitchener. All of the candidates were flown to Vancouver to do a photo shoot and then people can go online to vote for their favourite.

The winner will receive \$10,000 to invest in their passion. Blaine said he would like to donate his money to a children's charity because he and his wife had their first baby girl on June 26.

Blaine is planning on moving to Nashville in the near future to continue to write songs for other artists as well as himself. He's planning on spending the next year or so on promotional tours and doing live appearances.

"My career will go as far as my fans will take it," he said.



Internet photo)

Jason Blaine, a Kitchener resident and country singer, will release his debut album, While We Were Waiting, shortly.





(Photo by Jason Sherritt)

Each CD shown above can be attributed to a different genre of rock 'n' roll.

Music labelling is a science

By JASON SHERRITT

The human brain can only process up to seven things at one time, which is why phone numbers are seven digits in length. Throw eight or more at us and we struggle to keep up or get hit, as the case may be. The simpler things are, the better we are able to cope.

The entertainment industry usually conforms to this universal truth as can be seen in movies. There is action, comedy, drama, horror, science fiction, family, romance and not too many sub-genres, if any. However, one area of entertainment that is becoming increasingly confusing to track and understand is music, more specifically rock music.

Starting out as rhythm and blues, a Cleveland, Ohio, disc jockey named Alan Freed coined the term rock 'n' roll to describe the music. That was in 1951 and now, 55 years later, there are a countless number of distinct genres.

Each decade since rock 'n' roll's birth has spawned a few new genres of music: heavy metal and punk in the '70s, new wave in the '80s and grunge in the '90s. The past six years has seen the rise of everything from indie music to garage rock revival to emo music.

Sometimes it is record labels that give a band their musical moniker but sometimes it is the band themselves. One such band is Elliott Brood, a three-piece out of Toronto, who carry with them the description "death country."

Mark Sasso, lead singer and banjo player, attributes the selflabeling to the fact they were getting booked in bluegrass shows.

"I don't really know what we play but I was getting pretty pissed off to the point where I was just like, OK, we play death country."

Sasso said other people also thought they played country music, which they do, but with distortion, tremolo, bass pedals instead of a stand-up bass player and a suitcase for a kick drum.

"We play a hard-driving music, which to me is actually rock 'n' roll."

He said the misconception comes from the fact he plays a banjo and so people think if he plays a banjo, it must be bluegrass.

"That's where death country came from," said Sasso. "It was more to fight against our booking agent at the time who was trying to book us into bluegrass."

Casey Laforet, the guitarist and bass pedal player of Elliott Brood, added he thinks the actual lines of what different music is are being stupid, but you can't control that."

Laforet thinks in the next few

"You can have a banjo in a f***** techno song these days."

Trevor Weeks, a professional photographer in Toronto, feels music does have to be categorized somehow because sometimes a description is needed to let people know about a band.

The question becomes then, has it gone too far?

"The kids keep coming up with some crazy stuff," said Weeks, who photographs bands and events for CBC Radio Three.

"I remember listening to electronic music in the early '90s and it was sort of like Kraftwerk, things with beats and bleeps and different tones and things. Then all of a sudden there was jungle and drum 'n' bass and break-beat and trance. Just the one area of electronic music stretched out."

He said it's the same with rock 'n' roll; there are just so many types.

Laforet shared the same opinion: "There's a tree underneath the word rock 'n' roll, the branches go out. There's independent rock, emo-core, death metal, country metal and alt-country; how accurate is it anymore?"

Touching on independent music and what indie means, which started out as a badge of doing it yourself, the reality is that most of the time there are people outside of the band who help in the process.

"If you're going with semantics and the actual definition of the word, does the word indie really have meaning, other than being used as: its indie rock so come to this festival because its independent," said Laforet.

Weeks said he himself is pretty general; he tries to label things the same way a record store might.

"It can get really silly, people tell you you're going to hear something and they throw out a list of five words one after the other," he said. "I have no idea what that's gonna sound like."

Think of it this way; it's almost as if the genres in music are becoming like a menu at Starbucks. Can I get a swiss-mocha-choco-latte with whip cream, caramel, a dash of powdered sugar and a cherry, please? In that sense, labels become arbitrary and that's exactly how Sasso views it.

"Any music that is good should have soul in it," he said. "If there's something that moves you, either in your heart or in your feet, that's soul."

"The way people label is pretty

Laforet thinks in the next few years things are going to blur so closely together it's going to be impossible to describe anything.

"Levon Helm said it the best, when you mix blues music and country music and southern gospel music what do you get? You get rock music and that's essentially where I hope it stays."

Kevin Diebolt, owner of X-Disc-C Records in Kitchener, said that when it comes to genres he thinks it's overdone.

"I think there are too many new genres that sound exactly like the old genres and they don't really pay homage to where the artist got their sound."

Diebolt said some genres come from the fashion of bands rather than the music. When bluegrass had a revival, the new bands had the exact same instrumentation in a traditional sense but with the subject matter being something new.

"They didn't dress like they were gospel duets, they dressed in blue jeans, they drank lots of alcoholic beverage and they liked to party," he said. "They were rebel-rousers except for when it came to playing music and then it was all traditional."

He said they weren't accepted for years because they didn't fit the image.

"It's because of fashion not because of music."

According to dictionaries, genre means a class or category of artistic endeavour having a particular form, content, technique, or the like. Pretty much what Diebolt said, genres should explain to a person what kind of music it is but he finds a lot of the new terminology explains something that has already got a name.

"Why should we have to learn a lot of new terminology that means the same as terminology that has already been used?"

He attributes the problem to people wanting music to be packaged a way they can understand it without even hearing it. They want to have an idea of what it sounds like.

"When you go to listen to something, you already have a preconceived idea of what you expect to hear and therefore you don't have an open mind."

"Put everything A to Z, put Bach beside the Backstreet Boys, put Marilyn Manson beside Mozart, you know, and let them share," said Diebolt. "They just have to start teaching the alphabet in school again."

Get Lost this Wednesday

By BJ RICHMOND

Since air transportation began in the 1930s, being in a plane crash has been atop many people's most feared lists.

However, according to airplane disaster and plane crash statistics on www.airdisaster.com, the chances of being involved in an aircraft accident are about one in 11 million. When compared to the chances of being in an automobile accident, which are one in 5,000, statistically people are at a far greater risk on the way to the airport than actually flying in the airplane. Analyzed accident data shows there have been about 22 plane crashes a year since the late '90s.

Now imagine boarding a plane in Sydney, Australia heading to Los Angeles, Calif. While flying over the Pacific Ocean, it seems as if you are on just another routine flight. While enjoying a cocktail and indulging in some complimentary peanuts, turbulence hits; or so it seems.

The entire plane becomes unstable and suddenly everything goes black. You regain consciousness and realize you are in the midst of a catastrophe. The plane has crashed on a remote island, and you now find yourself helping complete strangers save the lives of other complete strangers from the combustible wreckage of the aircraft.

The preceding scenario was the devastating dilemma faced by the 48 survivors of Oceanic Flight 815 on the premiere episode of ABC's Lost on Sept. 22, 2004. However, the crisis of surviving a plane crash was only the first of many problems encountered by the characters of Lost. Since their plane crashed on an island nearly two years ago in actual time (about 60 days on the show), the diverse cast of characters have had to deal with adjusting to their new lives on the island. However, this is no typical tropical island, as it is filled with both mysterious and terrifying elements. Aside from the mundane tasks of finding water, food and shelter, the survivors have also faced attacks from polar bears, hostile inhabitants and even an apparent monster.

The story became much more indepth in the second season when the survivors entered a hatch on the island, which contained a button they had to push every 108 minutes.

The second season also explored the interaction and eventual conflict between the survivors and the mysterious islanders, more commonly known as "the Others.

The original idea for Lost was conceived in January 2004 by the head of ABC at the time, Lloyd Braun. J.J. Abrams was contacted by Braun to write a pilot script for the show. Abrams collaborated with Damon Lindelof to create the style of the scries and its characters. The pilot episode of Lost was the most claborate and expensive pilot in the history of ABC, costing about \$14 million US

One of the essential components which raised the cost of production was the plane itself. Instead of creating a model of an aircraft to use on the set, ABC decided to purchase an actual airplane to put on the beach, depicting the ill-fated plane from Sydney. The cost of the plane was about \$200,000 US, and, instead of flying it to Hawaii where the show is filmed, ABC chose to have it dismantled first and then shipped to the island of Oahu by boat.

The costly TV Show pilot paid off in the end, with 18.65 million viewers tuning into ABC to see the debut episode. The viewing audience remained strong the following week, with 16.33 million viewers continuing to watch Lost.

Each episode of the series is unique to a different character, and features pre-island flashbacks relating to that character's past. Although 48 passengers survived the plane crash, the series primarily focuses on the life stories of about 15 main

Some of the characters in the large ensemble cast include; a surgeon, Dr. Jack Shephard (Matthew Fox), a fugitive, Kate Austen (Evangeline Lilly), a con-man, James "Sawyer" Ford (Josh Holloway) and a former Iraqi soldier, Sayid Jarrah (Naveen Andrews).

Lost has progressive character development, and through the use of such character emotions as fear. humour, anger and passion, the audience has no choice but to become emotionally attached to these characters. Through flashbacks of the character's lives, the audience learns the characters are coincidentally interconnected in more ways than simply the island. Many of the characters' flashbacks intertwine with one another, revealing the possibility of fate playing a role in the entire experience of being on the island.

Fate is only one of the mythological elements used throughout the scries. Other clements include the mystery of who "the Others" are, a research project from 1980 named DHARMA Initiative, which has several stations around the island, and a sequence of numbers which are linked to the island itself. With all of the complex storylines, unresolved questions and continuous cliff hangers, fans of Lost cannot resist temptation when it comes to conspiring theories and drawing conclusions on the mysterics.

The most common of these theories include time travel, outside alien influences and the survivors being dead or in purgatory. All of these, along with many other fan theories, have been officially discredited by the creators of Lost, Abrams and Lindelof. With so many discredited theories, the creators of Lost are often criticized with making up the show as they go along. This criticism is not true, however, since both Abrams and Lindelof have acknowledged they have written storylines for the next three years, which is when the series is expected to end.

Lost has not only been a success with its viewing audience, but it has also earned an impressive list of awards as well. At the 57th annual Emmy Awards in 2005, Lost was nominated for 12 Emmies, and won six of them, including outstanding directing, casting and drama series. The show also won a Golden Globe this year for Best Television Series -Drama. Several members of the cast have also taken home awards for their performances.

The second season of Lost was released on DVD this past month, and the third season premieres on ABC (CTV in Canada) this Wednesday, Oct. 4, at 9 p.m. Finally, after a tumultuous summer of anticipation, the fans of Lost can find out the answers to such questions as what happened after the hatch blew up, who are "the Others" and what are their intentions with Jack, Kate and Sawyer, the three passengers they have taken captive?



(Photo by Aaron Schwab)

A firefighter examines a car that caught fire in the parking lot of Fairview Park mall Sept. 26. The licence plate has been blurred by the photographer because the driver did not want to be identi-

Mystery fire guts car

By AARON SCHWAB

An unexplained fire ripped through the interior of a parked Chrysler automobile in the parking lot of Fairview Park Mall, Sept. 26.

'I just went (into the mall), grabbed the paper, came out and I saw the fire truck here," said the owner of the car, who would only say his name was Sam

He said he didn't realize it was his until he got out to the parking lot. "It's kind of freaky," he said.

Sam, who is, ironically, in the car sales and repair business, said he thinks the fire was caused by an electrical problem.

"I work at a Chrysler dealership and these things are pretty reliable, they don't really have any issues," he said. "The car was running fine, it wasn't running hot."

Kathy, the woman who first spotted the fire, said she was driving into the parking lot and saw smoke billowing from under the hood of the car.

"I was coming in to shop at the mall and I just happened to see the car with what looked like smoke, and I thought to just call 911, because it just seemed to be getting worse and worse," said Kathy, who wouldn't give her last name. "Hopefully that saved it and maybe saved the other cars,

The police officers and firefighters at the scene couldn't determine what

Conestoga print shop is styling and profiling

By SARAH JAYNES

Have you ever wondered what the room is down the hall from the bookstore? You have often seen people popping in and out, and wondered why and what they could possibly be doing in there. No, it's not ther cafeteria or a classroom; it's e print shop.

Conestoga's print shop is run by Inplex Facility Logistics, a division of Grenville, a business that provides outsourced services, responding to a full range of facility, office and document management needs.

Although the print shop goes unrecognized by some students, others utilize the shop on a daily basis. "I was not aware that the print shop existed," said Katrina Smith, a firstyear international business management student.

"I think that now that I know, it

will be really useful, because I live in residence and don't want to drive somewhere far away to have to use full print shop services," said Smith.

The print shop will fulfill just about any service you may need for school-related projects.

Some of the services offered at the print shop include standard black and white photocopying, single letter-sized colour copies, Cerlox binding, laminating, transparencies and overheads.

If you are a student on a budget and are worried about spending a fortune, don't, beçause most services only cost a few dollars, or cents. Black and white copying is 15 cents per print, while laminating runs from 99 cents to \$1.50 and colour copying is around \$1 a print. If you are interested in any other prices there is a list available on the main counter at the print shop.

"The most common services utilized are black and white copying, which is done on the self serve copier, and Cerlox binding which is most popular around mid-term time when projects and assignments are due." said George Bettencourt, a former student and now a full-time employee at the print shop.

However, many students will drop by just to staple a document.

'A lot of students will run in with two minutes to spare before class and have to staple an assignment, it happens all the time," said Bettencourt.

As for how long each service takes, that really depends on what you are interested in and how many people are waiting before you, since the print shop runs on a first-come, first-serve basis.

"If you bring in a single photocopy, I'll try and get it out of the way immediately, however, it depends on what we're looking at, we usually say bring it in and we'll decide from there," said Bettencourt.

"Quickness is key so that the workload doesn't get backed up, which is pretty much a given because we are usually pretty backed up on a daily basis.'

The print shop is busy from the time it opens at 7:45 a.m. until it closes at 6 p.m. except for Fridays when it closes at 4 p.m.

"A student, either alone or in numbers, walks through our front door at least once every five to 15 minutes," said Bettencourt.

The busiest times for the print shop are the beginning of the year when teachers are trying to get their material ready for their first classes and at midterm and exam times. "We have four black and white copiers and even though we can run them hard non-stop, the number of copies needing to be made in August and September usually exceeds the time available within a day," Bettencourt.

"We've run the shop 24 hours straight at peak times to try and keep up but August and September can prove overwhelm-

The same goes for November, December and January due to final exams of first semester, and second semester startup. A word of advice from Bettencourt: "If you have a project that requires our service, please drop it off well in advance because it is not fair to make your job main priority when there are people waiting ahead of you." Although the employees at the print shop try and accommodate everyone, there is only so much they can do in one day.

One Book, One Community event a real success

By ELIZABETH BATE

The tri-cities One Book, One Community event came to a close Sept. 21 with a reading by author Joseph Boyden.

Boyden, the author of this year's selection, Three Day Road, is from northern Canada, but now teaches creative writing at the University of New Orleans. In this, his first novel, Boyden celebrates his native and Metis heritage.

"It brings people together reading a common book and sharing the experience of reading."

> Sharron Smith, KPL representative

"It's a real honour to be chosen for this," Boyden said. "They have literally hundreds of books from which they can choose and it's just very nice that my book stands up for them."

Three Day Road won the 2005 McNally Robinson Aboriginal Book of the Year Award and was shortlisted for the 2005 Governor General's Literary Award. When asked about the reaction to his book. Boyden said, "It's way beyond my expectations, which is really nice."

Three Day Road tells the story of two young native Canadians fighting in the First World War and the trip home after the war for one warrior. It is a dark tale centring on death, drug addiction and cannibalism

"I think that just the subject matter alone, the idea of war on the home front and the war overseas, lent itself to this darker vision," said Boyden. "But ultimately it's a redemptive novel."

That story of redemption drew more than 200 people to the final reading of the One Book, One Community event at the main branch of the Kitchener Public Library.

In its fifth year, One Book, One Community, is a reading program sponsored by The Record and the Kitchener, Waterloo and Cambridge public libraries. It is designed to encourage adults to get together and read a selected book and then attend community events centred on that work for one week each fall.

Sharron Smith, the KPL's representative to the One Book, One Community event, commented on the success of the event.

"It's like a region-wide book club. It brings people together reading a common book and sharing the experience of reading. It's wonderful," Smith said.

The program was the first of its kind in the country when it was launched five years ago with Alistair MacLeod's No Great Mischief, and it has enjoyed great

success ever since, connecting with more than 50,000 readers over the five years, according to the KPL.

According to Smith, the choosing of this year's title was not difficult for the selection committee. It was clear which book would rise to the top almost from the beginning.

"For me, this is simply one of the most compelling, unforgettable stories I have read in a long time," she said. "I was riveted." And other avid book readers agreed.

"It was very sad, but very gripping," said Gwen Flaherty, of Kitchener, a participant. "I really enjoyed reading it."

In addition to the reading of two selected passages by Boyden, there were native dancers and a slide show about native Canadians featured at the event.

"There has been a whole new resurgence in our fascination with (our) native roots," Boyden said. "I knew that this story, the Indian story (in the First World War), hadn't been told and it really, desperately needed to be told."

Boyden's story is enjoying continued success, having been published in 12 countries and in over a dozen languages.

The One Book, One Community event is over for this year, but selection of next year's title is well underway.

"We are committed to this program because it supports reading," Smith said, "something we are all so very passionate about."



(Photo by Stephanie Irvine)

Word on the Street

Mike Walsh of Kitchener braves the rain with daughters Autumn, 7, left, and Bridgette, 4, Sept. 24 in Victoria Park. He attended the Word on the Street Book Fair, a celebration of literacy, the printed word and the joy of reading.

Concussions have never been so profitable

By STEPHANIE IRVINE

If your face duesn't immediately light up at the thought of Johnny Knoxville launching himself airborne on the back of a giant rocket, or Chris Pontius slipping a sock puppet of a mouse on his penis before inserting it into a hungry snake's lair, or Steve-O jamming a fishhook through the side of his mouth and hurling himself into shark-infested waters, then Jackass Number Two is definitely not for you. As for me, I can't wait to see it again.

The movie begins with a warning for viewers not to try any of the stunts at home ... and rightfully so. It's less a movie than the process of natural selection at work. It's filled with stupid people doing stupid things that could easily get them maimed or killed. Why, you might ask yourself? Well, as Ryan Dunn points out in one scene, "Because it was funny."

There's almost no point in reviewing Jackass Number Two because you already know what it is. Even those of you who have never seen the show or original movie know what they consist of. If you're the kind of boring person who isn't impressed with the antics of the Jackass crew, you're not going to like this film either. If you're the kind of person who enjoyed the original TV show and understand the first film's place in the world of cinema (i.e., a classic), then you know you're going to love this one.

The antics this time around range from low-concept farmyard dares (cating a cow patty, swallowing horse semen) to elaborately staged punkings (the piece de resistance involves a fake terrorist, comedy troupe Broken Lizard's Jay Chandrasekhar disguised as a cab driver, and a beard made of pubic hair).

What's interesting is how nuts Johnny Knoxville seems to be this time - he's much more willing to go the extra painful mile than I



(Internet photo)

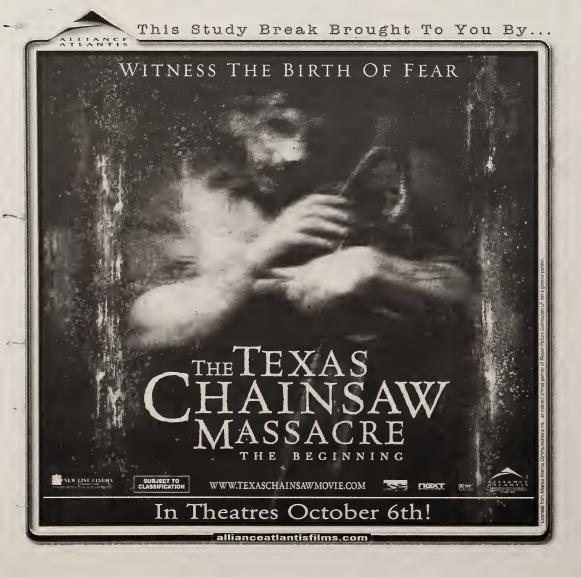
Does the word Jackass make you laugh? If so, you're probably the target audience for the second feature spun from MTV's massively successful Jackass series. Jackass Number Two, released Sept. 22, features the memorable cast of Johnny Knoxville, Bam Margera, Ryan Dunn and Chris Pontius with celebrities such as Tony Hawk.

have ever seen before. One stunt involves anti-riot land mines, and after the device is tested on a paper cutout, Bam Margera and Ryan Dunn wisely opt out. Knoxville finally berates them into taking the punishment, which leaves Bam and Ryan on the ground in the fetal position. Johnny just gestures to his face and says, "Is this OK? Then we're all good."

During the end credits of Jackass Number Two, Bam Margera (who cries a couple of times in this film, says, "I hope there's no Jackass three."

I understand where he's coming from – this movie has upped the ante so much that I think the only way a third can top it is to intentionally cripple or kill one of the guys.

Love it or hate it, Jackass is here to stay. As Knoxville says so eloquently with one of his T-shirts in the movie, "F*** Art: Let's Dance."



The team. The time. The title?

By BJ RICHMOND

Come on out and meet the Mets. Almost 20 years to the day after the 1986 World Series champion New York Mets clinched their division, the team picked up their fifth National League (NL) East championship in franchise history. The Mighty Mets won the division on Sept. 18, by defeating the Florida Marlins 4-0 at home in Shea Stadium. This was the team's first NL East championship since 1988, though they did become the NL champions in 2000 by way of winning the wild card berth. The Mets were also the 1999 wild eard team.

The Mets clinched the division by winning their 91st game of the season, which made Shea Stadium the first official site of the 2006 Major League Baseball (MLB) playoffs. Not far from where Cleon Jones earned the final out that won the Mets their first World Series in 1969, Cliff Floyd caught a fly ball in left field to end the game, thus earning the Mets their seventh post-season berth in the franchise's 45-year history.

By defeating the Marlins, the second-place Philadelphia Phillies were eliminated from playoff contention. Although the Phillies were the only team left standing in the NL East, they were 14½ games behind the Mets when they clinched the division. Only the 86 World Sories champion Mets had a greater lead at the moment of elinching, with a 19-game margin above second place.

By elinching their division after 149 games, the Mets have taken the first step toward a possible return to the World Series. To make their division victory even more fulfilling, the Mets accomplished a feat they never have before - placing ahead of the Atlanta Braves. The two teams



(Internet photo)

Anderson Hernandez, Carlos Delgado and Jose Reyes celebrate in the clubhouse after defeating the Florida Marlins to clinch the NL East Division.

have had an intense rivalry since the 1999 playoffs when the Braves knocked the Mets out of World Series contention. By placing ahead of the Braves, the Mets ended Atlanta's dynasty of 14 consecutive division championships

The Mere dominated the Braves all year, winning the season series 10-8, which had a direct effect in Atlanta's downfall. The Mets were also directly responsible for ending the Braves chances of winning the wild card, when they won a doubleheader at Shea Stadium on Sept. 6. Although the '06 Mets were hardly as frustrated with the Braves as the teams from 1998-2001, the southern dynasty still held a primary position in the minds of Mets players and fans

everywhere.

This season has been one of the most dominant seasons in Mets history. They began taking control of the division almost immediately, winning seven of their first eight games and 17 of their first 25. The Amazin' Mets never trailed in the loss column the entire season and by the time they lost their second game, every other team in the NL East had six or more losses, including the Braves.

The seemingly unstoppable team had a record-breaking division lead of seven games, which was the largest lead ever by a NL East team in April. From June 5-15, the Mets won nine of 10 games on the road, doubling their division lead from 4½

to 9½ games. Yet another feat was accomplished by the Mets this year, when they finished the regular season with at least a .500 percentage against all 15 of their NL opponents.

Although the Mets made these accomplishments seem easy, the team faced numerous tests throughout the regular season. Before the month of May had passed, the Mets had already lost such key players as Victor Zambrano, Brian Bannister, Anderson Hernandez, John Maine and Xavier Nady to the disabled list. The most crucial losses suffered by the team because of injuries included: starting pitchers Pedro Martinez and Tom Glavine,

pitchers Pcdro Martinez and Tom Glavine, heavy hitter Cliff Floyd and setup reliever Duaner S a n c h e z. Despite losing essential players to injury, the Mets continued to roll through their competition.

Although the Mets' success can be attributed to the entire team, a fcw fundamental players have, at times, earried the team to their division championship. Two of these stand-out players are Jose Reyes and Carlos Beltran, who have both had exceptional speed on defence. Reyes led off the Mets' batting order in 138 games, and soon became the most dynamic lead-off man in the entire league, earning a single-season franchise record by leading off six games with home runs.

Another stand-out Met from this past season has been former Toronto Blue Jay, Carlos Delgado. Delgado produced a consistent string of runs batted in through August and into September, which

helped him make his way into the playoffs for the first time in his 14-year eareer. The combination of Reyes, Beltran and Delgado allowed the Mets to lead the league in first-inning runs, with 123.

The last time the Mets were in the World Series was in 2000, when they were matched up against the other New York MLB franchise, their archrivals, the Yankees. The Mets lost what was known as the Subway Series to the Yankees four games to one, however, that was six years ago and the Mets of 2006 have had much better luck against

won this scason's interleague series against the Yankees in May with two one-run victories. As the

the Bronx Bombers The Mets

victories. As the post-season rapidly approaches, the possibility of another Subway Series is becoming more and more realistic every day. Finally, the supremacy

for the best team in the greatest city in the world may be decided once and for all in this year's World Series.

The Mets' first game of the postseason will be on Oct. 4, when they face the wild card team in the NL Division Series. If the Mets are able to win this series, they will then compete in the NL Championship Series, which begins on Oct. 11. The World Series is scheduled to begin on Oct. 21.

With the Mets coming off one of their most dominant seasons in franchise history, the Atlanta Braves nowhere to be seen, and the possibility of a Subway Series sequel, Mets fans everywhere are once again saying "I believe."

Events at the rec centre are rockin' around the clock

By ANGELO MAZZIOTTI

If you think you've noticed a few more people coming and going from the rec centre these days, it's because that is precisely what has been happening. It has become a staple in the lives of many students here at Conestoga College.

Paul Osborne, director of athleties and the recreation centre and director of marketing at Conestoga, said the rec centre has just been rockin' lately.

t's been busy here 24 hours a day" said Osborne.

He said activity at the rec centre has grown notably over the past three to four years, and thinks part of the reason is the addition of the fitness facility.

"I think more and more students are using it as an opportunity to stay fit and healthy," he said. "A fit student is a better student in my opinion."

Another reason for the recent upswing in rec centre patronage is the fact that programs such as police foundations and paramedics, to name a few, have fitness regiments built into their program.

"In essence the gym is used as a classroom," Osborne said. "Students have to hit certain fitness levels to graduate from the program."

"It's been busy here 24 hours a day."

Paul Osborne.

director of athletics
and the recreation centre

They are not alone. Come January, the rec centre will be fully equipped with specialized training equipment purchased by the fire-fighting program. The equipment will be used for firefighting students to train for the C-pat equipment test. This is the standard test that students must pass to become firefighters.

"It takes up a lot of room," joked Osborne. "But it takes our firefighting program to a higher level, so of course we are more than happy to accommodate them."

Osborne said the rec centre is also excited to see more students interested in intramural sports this year than ever before.

"It's great," he said. "The average student can come out and get some extra athletic time; hockey is a really big draw."

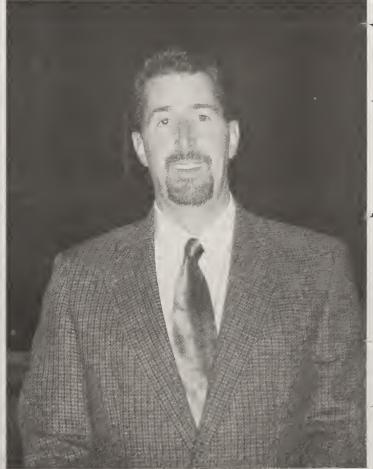
Non school-related events such as karate and hockey tournaments are a big money-maker for the recentre

"During school hours we want to cater to the students," said Osborne. "But afterhours we are expected to make money. It is an expensive building to run, having to pay for ice machines and heating costs and what not. This way we are able to make money for the college which is a nice balance."

Osborne thinks that eventually students will see an addition to the ree centre.

"We are so full here, and the opportunity for students to get on the court and shoot a few baskets is getting less and less frequent," he said. However, he added, "No firm plans are in place at the moment."

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(Photo by Angelo Mazziotti)

Paul Osborne, director of athletics and the recreation centre, says activity at the centre has grown notably over the past three to four years.



(Photo by Adam Black)

Condor's pitcher Laura Matheson strikes out yet another Mohawk batter. Thanks to great pitching and superb defence, the Condors won 7-1.

Fastball team surpasses previous season record

By ADAM BLACK

Conestoga's women's fastball team dominated the Mohawk Mountaineers 7-1 in league play on Sept. 19.

From the starting pitch the Mountaineers didn't stand a chance against the almost unstoppable Condors defence, led by the strong pitching of Laura Matheson.

The Condors got on the scoreboard in the second inning, and led Matheson, Brittany Snider, Mel Voisin, Lindsey Bosomworth, Jenna Hart and two by Jenn Second place, already much better than their previous 2-10 season.

Coach Fawn Day attributes the French.

Catcher Brittany Swartzentruber was happy with the outcome and the team's hard work.

"The bats were really on today and we played real solid on defence," said Swartzentruber. "We need to work on hitting (the ball) straight instead of making pop flies for next game though."

With this win, the Condors have a

improvement to the calibre of players who tried out this year.

"With this calibre it's much easier to coach (the players), said-Day. "We're starting at a much higher base which is much easier to build on and compete with at this level.

The fastball team has one home game left this season, Oct. 11 at 4:30 p.m. at the rec centre baseball

Toronto soccer club names new stadium

By JORDEN FELICIANO

Toronto Football Club (FC) has announced that their new 20,000seat soccer-specific stadium will be named Bank of Montreal (BMO) Field.

Toronto FC signed a 10-year naming rights agreement with BMO for the field, and it will also be used as the new home for the Canadian national soccer teams.

Toronto FC will begin their inaugural season in Major League Soccer (MLS) in 2007, and is the first professional soccer club since the Toronto Blizzard played their final game in the now-defunct North American Soccer League, in

"This announcement is a very big deal because it secures important finances to help the team be successful as soon as possible," said Steve Simmons, sports columnist for the Toronto Sun.

The MLS is a 12-team professional soccer league comprised of teams from the U.S. but Toronto FC will mark the first expansion club to go outside of the country.

'Toronto FC is making great strides to becoming an instantly respected club and organization because having this new spensored already gives them credibility, said Simmons.

Out of the 12-teams in the MLS only six currently have soccer-specific stadiums, and BMO Field will mark the seventh.

FC and for professional soccer in this country," said Paul James, 42, soccer analyst for The Score's Sportsworld program and former Toronto Blizzard player.

When James played for the Blizzard their home games were played at Varsity Stadium, the University of Toronto's campus football stadium.

"The problem with playing in football stadiums is that their capacity was usually more than needed, and to lease those fields was very expensive for the clubs," explains James.

He added, "When you're only getting around 10,000-15,000 fans to a venue that seats 30,000, it makes being profitable very diffi-

With the stadium already under construction and set to be open for April 2007, it is also crucial not only for Toronto FC's inaugural game, but for the World Under-21 Championships to be held in Canada in June 2007.

The Federation International Football Association (FIFA) awarded Canada this tournament in order to develop the game in this country, as well as promote and attract more fans here.

"FIFA make it very clear that they wanted as many soccer-specific stadiums as possible with a fair capacity if they were to award Canada this tournament, so Canada should be excited to have this project complete and named for next summer," said James.

